

## AMENDMENTS TO THE CLAIMS

Claims 1-7 (canceled).

Claim 8 (currently amended): A method of decreasing the severity or frequency of a relapse of multiple sclerosis in a human comprising: ~~the step of~~

orally administering a dosage of about 50 I.U./kg to about 25,000 I.U./kg of a type one interferon to said human; and

~~immediately swallowing to ingest said interferon, thereby decreasing the severity or frequency of a relapse of multiple sclerosis in the human such that the type one interferon is ingested upon oral administration.~~

Claim 9 (previously amended): The method of claim 8, wherein said interferon is alpha-interferon or beta-interferon.

Claim 10 (original): The method of claim 8, wherein said interferon is selected from the group consisting of human recombinant interferon, rat interferon and murine interferon.

Claim 11 (canceled).

Claim 12 (original): The method of claim 8, wherein said interferon is administered every other day.

Claim 13 (currently amended): A method of reducing inflammation associated with multiple sclerosis in a human comprising: ~~the step of~~

orally administering a dosage of about 50 I.U./kg to about 25,000 I.U./kg of a type one interferon to said ~~animal~~ human; and

~~immediately swallowing to ingest said interferon thereby reducing inflammation associated with multiple sclerosis in the human such that the type one interferon is ingested after oral administration.~~

Claim 14 (previously presented): The method of claim 13, wherein said interferon is alpha-interferon or beta-interferon.

Claim 15 (original): The method of claim 13, wherein said interferon is selected from the group consisting of human recombinant interferon, rat interferon and murine interferon.

Claim 16-18 (canceled).

Claim 19 (currently amended): A method of decreasing levels of cytokines associated with multiple sclerosis in an individual ~~having multiple sclerosis~~, comprising: ~~the step of~~

orally administering a dosage of about 166 I.U./kg to about 500 I.U./kg of a type one interferon to said individual;

immediately swallowing to ingest said interferon; and

reducing levels of , ~~wherein said cytokine is selected from the group consisting of TGF-b, IL-2, IL-10, IFN-g and or ICAM-1 or a combination thereof, thereby decreasing cytokine levels associated with multiple sclerosis; and wherein said type one interferon is ingested upon oral administration.~~

Claim 20 (canceled).